You will be scheduled for Total Knee Arthroplasty (TKA)

What is a TKA? A total knee arthroplasty (also called knee replacement) is a procedure to restore the joint space of the knee. An incision (on average 6 inches) is made through the front of the knee. The arthritic bone of the femur and tibia is cut away and implants are cemented into each bone. The incision is then sutured closed. The superficial layer is glued. A PICO dressing is placed over the incision.

What is a PICO dressing? This post-operative dressing includes a battery powered suction device to aid in wound healing. Any drainage that would have leaked out of the wound is contained within the device. The PICO helps to promote healing factors, speeds wound healing and promotes smaller scar formation. After 7 days, the vacuum stops. You can cut the cord to the battery pack and throw it away. Please keep your dressing on the incision until you come in for your post-op appointment.

Average recovery from TKA is approximately 3 months.

Will I participate in physical therapy? Yes, you are expected to attend outpatient physical therapy, beginning upon discharge from the hospital. Participating in physical therapy is critical for the best outcome.

What are the risks of TKA? Risks of surgery include bleeding, infection, wound healing problems, fracture, neurovascular injury, DVT/PE, chronic joint pain/ stiffness/ dysfunction, arthrofibrosis, need for revision surgery.

What may happen if I do not proceed with this surgery? Risks of non-operative treatment include worsening arthritis pain, decreased function, decreased ambulatory capacity, falls, fractures, decreased quality of life.

Please ask your surgeon if you have any questions regarding the above information.